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**CUL 110: Culinary Foundations I**

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| **Day** | **Primary Competency #1** | **K/S** | **Primary Competency #2** | **K/S** | **SecondaryCompetencies** | **K/S** |
| 1 | **Kitchen Equipment Overview and Safe Use**Knowledge Area: Food Preparation 1, 6 | K |  |  |  |  |
| 2 | **Kitchen Equipment Overview and Safe Use, Basic Knife Skill and Care**Knowledge Area: Food Preparation 1, 6 | K | **ServSafe Micro-World**Knowledge Area: Sanitation 1 | K |  |  |
| 3 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Contamination, Food Allergens and Food Borne Illness**Knowledge Area: Sanitation 1 | K |  |  |
| 4 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe The Flow of Food**Knowledge Area: Sanitation 1 | K |  |  |
| 5 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Flow of Food**Knowledge Area: Sanitation 1 | K |  |  |
| 6 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe The Flow of Food**Knowledge Area: Sanitation 1 | K |  |  |
| 7 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Safety Management Systems**Knowledge Area: Sanitation 1 | K |  |  |
| 8 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Sanitary Facilities and Equipment K/S**Knowledge Area: Sanitation 1 | K |  |  |
| 9 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Cleaning and Sanitizing**Knowledge Area: Sanitation 1 | K |  |  |
| 10 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Integrated Pest Management**Knowledge Area: Sanitation 1 | K |  |  |
| 11 | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S | **ServSafe Integrated Pest Management**Knowledge Area: Sanitation 1 | K |  |  |
| 12 | **Midterm Exam** | K |  |  |  |  |
| 13 | **Stock Preparation**Knowledge Area: Food Preparation 42, 43, 44, 45 ,46, 47 | K/S | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S |  |  |
| 14 | **Stock Preparation**Knowledge Area: Food Preparation 42, 43, 44, 45 ,46, 47 | K/S | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S |  |  |
| 15 | **Soup Preparation**Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S |  |  |
| 16 | **Soup Preparation**Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S |  |  |
| 17 | **Soup Preparation**Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S |  |  |
| 18 | **Soup Preparation**Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills**Knowledge Area: Food Preparation 1 | K/S |  |  |
| 19/20 | **Practical Exam** | K |  |  |  |  |
| 21 | **Theory Final Exam** | K |  |  |  |  |

  **Key**: K – Knowledge / Theory

 S – Skill